

Incredible India

with Deborah Williamson and Susan Caruso



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November 4th -16th 2010

Join Deborah Williamson of Midwest Power Yoga and Susan Caruso of AYT, along with the Amazing Yoga Travel Team for the trip of a lifetime to Incredible India, the birth place of yoga. We will journey through Central and Northern India visiting some of the holiest cities that exist amidst a country of extreme contrasts. We will spend time with both the Tibetan and Indian people, practice daily Baptiste yoga and visit sights that will change the lens with which we view our lives, forever.

India is a land of diverse cultures. The variations in physical, climatic conditions and the extent of exposure to other cultures have greatly influenced the traditions and culture of the different regions. There is an underlying basic factor common to the whole of India, with variations in the practices based on their local needs and influences. Further, the greatness of India has been in accepting the best from all the invaders and intermingling the new customs and styles with the existing - this is visible in all aspects - music, dance, painting, sculptures, architecture.

November 4th -16th 2010 ~ 13 days/12 nights

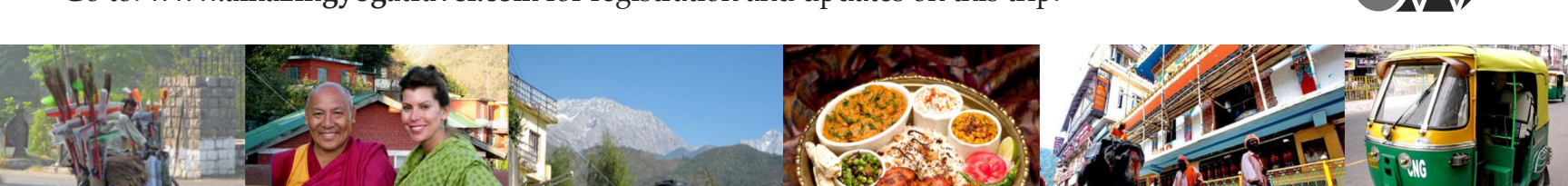
Delhi - Dharamsala - Agra (Taj Mahal) - Khajuraho - Varanasi - Sarnath

\$3950.00 per person - Double Occupancy

Single: add \$995.00

Registration for this trip will open Feb. 1st 2010.

Go to: www.amazingyogatravel.com for registration and updates on this trip.



Day 1: Departure from US for Delhi, India

Day 2/3: Our journey will begin in Delhi, the capital city of India, where we will be part of India's largest annual celebration of the year, Diwali, the Festival of Lights. We will explore both the "Old" and "New" city of Delhi. We will visit a mosque, the Akshardhaam Temple complex, the massive Red Fort, Humayun's Tomb, and Raj Ghat, the cremation site and memorial of Mahatma Gandhi.

Day 4: From Delhi we will fly to Dharamsala, the home of His Holiness, the 14th Dalai Lama. Here we will spend 4 days and 5 nights breathing in some of the cleanest, freshest air in this country, amidst the backdrop of spectacular snow peaked Himalayan Mountains. We will visit the Dalai Lama's temple, mingle with the Tibetan Monks, meditate, drink chai with the shop owners, shop, hike, and wander the streets of this spiritual land to "be with" the locals. In addition to a daily Baptiste yoga practice, you will have the option of a practice with Yogi Sivasdas at his studio here, (200 rupee or \$4 per session). Massage and personalized Ayurveda sessions are also available for an additional fee.

Days 5/6/7/8: Dharamsala

Day 9: From Dharamsala we will fly to Delhi where we will take a chartered bus to Agra for 2 nights. Here we will visit the world famous monument to love, the Taj Mahal, a rare piece of love and beauty created in an intricate design in pristine white marble. From here we will visit the Agra Fort, a legacy of the highly artistic Mughal dynasty. We will also visit the Tomb of Itmad-ud-daula. We will enjoy time visiting the colorful and interesting local markets of Agra as well.

Day 10: Agra/Taj Mahal, markets and more

Day 11: From Agra we will travel by train to Jhansi, then by charter bus to Orcha in Madhya Pradesh in Central India. It is during this part of our journey that we will see true, rural India. Orcha served as the capital of the powerful kingdom of the Bundela. It still retains its original medieval charm, and because it is away from the normal tourist route, it has retained its original character and essence. Orcha is noted for its scenic beauty and crystal clear waters. We will see spectacular views of soaring temple spires and cenotaphs. Raj Mahal is another landmark here. We will visit and explore the Raja Ram Temple which was formerly a palace.

After our explorations in Orcha we will proceed to Khajuraho. Here there are quite a few remaining, perfectly sculpted stone temples, every inch of which are covered with carved figurines of gods and goddesses engaged in the business of being godly; posing, dancing and admiring themselves in mirrors, combing their hair, gossiping and making love. Khajuraho is perhaps one of the quietest tourist spots in the country housing some of the world's most celebrated and beautiful statues and carvings. It seems that life here has virtually unchanged for over a thousand years. This evening in Khajuraho we will go to a special Cultural Show and dinner. The next day we will visit some of the most magnificent temples which are considered among the most creative examples of Indian architecture, including the world renowned erotic temples of Khajuraho. The carvings depict the most powerful of human emotions- love, passion, desire as well as fear, doubt and jealousy. These sculptures are sublime and sensuous, the center of new imagery in art.

Day 12: From Khajuraho we will fly to Varanasi, the religious capital of Hinduism. Shiva, under manifestation of Vishvanath or the "Overlord of the World," is the presiding deity of Varanasi. The city can only be experienced, not described. It is a maze of small streets and alleyways, hiding in disorderly array, over 2,000 temples and shrines. The pulse of the streets is noise and color: gongs, bells, chants, weddings and funeral processions, lonely Brahma cows, garlands of flower necklaces and the smells of curried foods and incense. Varanasi is also a city of fairs and festivals, celebrating about four hundred of them during the year. Here we will explore this exciting city by rickshaw. After our exploration we will proceed to the banks of the holy river Ganges to see the "Aarti" or the lighting of lamps on the river...an enchanting site. The following morning we will get up early and depart for a boat ride on the Ganges River. At sunrise we will see thousands of pilgrims perform traditional religious ceremonies. The captivating scenes here are its long series of "Ghats" or stepped landings on the river front connected with the crowded streets at the back full of visitors, devotees and pilgrims. According to common Hindu belief, those who die here will be close to God in the other world and many orthodox Hindus come to Varanasi to pass their last days and die along the holy Ganges. Here we will see many rest-houses where the near-dead are brought so that they can die along the river's edge. Seen from our boat, these early morning scenes will be spiritually uplifting. Later in the day our exploration will include visits to some of the important temples and palaces of the city.

Day 13: Explore Varanasi in the morning and then we will take an excursion to Sarnath. It was here, in Deer Park, that Buddha delivered his first sermon after receiving his enlightenment. Here he preached his first discourse in Deer Park to set in motion the "Wheel of the Dharma." Ever since, this has become one of the most holy sites, as this is the place the stream of the Buddha's teaching first flowed from.

Day 14: After breakfast we will fly back to Delhi, and then transfer to the international airport terminal for departure back to the United States.

The above program includes:

12 nights 4 star hotel accommodations double occupancy. Traveling solo? no problem, we will pair you with a roommate.
Daily full breakfasts in all places
Once special lunch and one special dinner
All transfers upon arrival/departures with assistance and escort in all places, baggage handling, etc. (tips not included)
All tours, sightseeing, excursions and boat ride, etc. in all places as per above program (tips not included)
Long distance transportation within India from city to city by KingFisher Airlines, train and air-conditioned charter bus
All tours and activities in the above mentioned places with an English speaking private guide (tips not included)
All current service charges and taxes
All entrance fees to places visited; Forts, Temples, Palaces,
All domestic air within India (three flights)
Domestic rail fare/ ticket
Daily Baptiste yoga practice

Not Included

International Airfare
All dinners except one
All lunches except one
Any items of personal nature such as telephone, laundry, mini-bar charges, etc.
Visa costs (MUST have Visa PRIOR TO DEPARTURE)
Departure tax at the Delhi Airport
Any other items not mentioned above or in the program
Yoga practice in Dharamsala with Indian yoga teacher (200 rupees or approx \$4 USD per class)
Travel insurance (recommended)
2.5% (\$100.00 USD) gratuities for bell boys, all guides, and 2 inclusive meals, etc to be collected by Amazing Yoga Travel prior to departure, and disbursed throughout the trip appropriately by tour leader.

Flight Information

Please book your flights to arrive in New Delhi's Indira Gandhi International Airport (code DEL) on November 4th, 2010. Flights from the US will take +1 or +2 days. If using airline miles it is recommended that you book your flights early on as these seats sell out quickly.

Some popular airlines flying into Delhi: United, American, Jet Airways, Aeroflot, Air India

Expect to pay between \$1100-\$1600 USD round trip

Obtaining your VISA

The first step in processing your visa application is to ensure your passport is active and does not fall within 6 months of November 4, 2010. Your VISA can be obtained through:

<https://indiavisa.travisaoutsourcing.com/select-application>

All US travelers need to apply for a VISA. Please note that it is important that you apply for a TOURIST VISA. Tourist Visas are generally valid for 6 months from the date of issue, so you should not apply for the visa any earlier than this.

Be certain to fill in EVERYTHING PROPERLY and CLEARLY using BLOCK CAPITAL LETTERS as any mistakes can cause a delay of months or rejection.

Please provide the following documentation for your visa application:

Passport (should be valid for a minimum period of 6 months)

Two passport size photographs

VISA FEE (\$60) in cash, cashier check or money order. Checks should be made payable to the Embassy of India, Washington DC or to the appropriate Indian Consulate for your area. Personal checks are not accepted.

There are three ways to have your application processed: In Person, by overnight mail or by regular mail. Be sure to include appropriate fees for whichever method you choose.

If you are mailing a Visa application: The processing time is 15-20 working days after the receipt of the visa application. It is recommended a self addressed stamped return envelope be sent with visa application in lieu of mailing charge. By using priority mail (or Fed-Ex) you will have the tracking numbers of your passport traveling both directions, thus minimizing the chances of it getting lost in the mail and you won't have to provide return mail charges either.

Return mail charges: The following mail charges should be sent for return of serviced passports in addition to the prescribed visa fee. The Embassy/Consulate are not responsible for documents lost in mail.

Certified Mail: US \$5-per passport

Registered Mail: US \$8- per passport

Overnight Mail: US \$15- per passport

Priority Mail: US \$7- per passport

In case of emergency you can get the visa back the same day if you go to your nearest Indian Embassy or Consulate and pay an extra fee of \$35.

Shots and Vaccinations

Keep in mind that it is important to be up to date on your childhood immunizations prior to travel. See your doctor or local Travel Clinic at least 4-6 weeks before travel to allow time for shots to take effect. Keep in mind that Hepatitis A, for example, needs to be administered 6 months prior to departure as a set of 3 shots.

For travel to India the Center for Disease Control recommends the following vaccines:

Malaria pills

Hepatitis A or immune globulin (IG)

Typhoid

Hepatitis B

As needed, booster doses for tetanus-diphtheria and measles, and a one-time dose of polio for adults.

Center for Disease Control and Prevention's website: www.cdc.gov.

Department of Health's (UK) website: www.doh.gov.uk/traveladvice

Health Canada, Travel Medicine Program: www.TravelHealth.gc.ca

Temperatures: Average temps in November are the mid to high 60's/low 70's during the day and about 15-20 degrees cooler at night. Expect the temperatures in Dharamsala to be 10-15 degrees cooler.

Bringing Cash: It is generally advisable to bring a combination of money forms to offer you the best flexibility while in India. US Dollars are generally easier to cash than Canadian Dollars, Sterling or Euros.

ATM Cards: Accessible in Delhi, Agra and one in Dharamsala... which isn't always reliable. An ATM card is good to have as a back up although you should not count on being able to use it in all locations. If you choose to bring one make sure it's a major credit card symbol on it (Visa or MC) and be sure to tell your bank of your plans before departing.

Credit Cards: Most widely accepted credit cards in India are Visa, American Express and MasterCard. Be sure to tell your CC company of your travel to India prior to departure.

INDIA PAYMENT

USD \$500.00 non-refundable deposit required in order to book/reserve your space

Final payment is due at least 60 days prior to departure date

Once final payment has been received, the following cancellations will apply:
60 days and more prior to departure: Refund minus deposit of \$500.00

30-59 days prior to departure date: 50% of the total cost of the tour program

Less than 30 days: 100% of the total cost of the tour program

Trip cancellation insurance is recommended

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